

CUMIN SPICED BLACK BEANS

Quick and easy vegetarian side dish that could easily be made into a main course with the addition of rice. These black beans have tons of flavor and fiber, making them a nutritious addition to any meal!

 10 minutes 30 minutes 12 portions

INGREDIENTS

- 2 tablespoons canola oil (or another mild oil)
- 4 cloves garlic, chopped
- 1 small onion, chopped
- 2 teaspoons vinegar-based hot sauce (optional)
- 2 teaspoons ground cumin
- 2-15 oz cans low-sodium black beans with liquid (don't drain!)
- 1/2 cup roughly chopped cilantro, leaves and stems
- Juice of 4 limes (roughly 1/2 cup)
- 2 teaspoons freshly ground black pepper
- 1 teaspoon Kosher salt (or to taste)

COOKING METHOD

- ^{1°} In a medium saucepan, saute the garlic, onion, hot sauce (if using) and cumin in the canola oil for about 5 minutes over medium heat, until the onions have softened.
- ^{2°} Add the black beans with their canning liquid and salt and pepper to taste. Turn the heat down to medium low and simmer for 15 minutes, stirring occasionally. The beans will start to thicken as they cook (and then continue to thicken as they cool).
- ^{3°} When the beans are done, turn off the heat and stir in the cilantro and lime. Taste and add additional salt and pepper if needed.
- ^{4°} Note: like the texture of refried beans? Not to worry! These beans can be pureed in the food processor or blender until smooth. Garnish with additional cilantro and cotija cheese or queso fresco for an extra kick.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (102 g)	% DRI
ENERGY	100 kcal	102 kcal	5 %
FAT	3 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	320 mg	326 mg	14 %
CARBOHYDRATE	15 g	15 g	5 %
SUGARS	1 g	1 g	—
FIBER	6 g	6 g	23 %
PROTEIN	5 g	5 g	—